

## OCTOBER 2000

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## **WEIGHT GAIN AS WE AGE**

The typical American man gains about 18 pounds from age 20 to 50; women gain about 26 pounds.

On average, Americans gain a half-pound to a pound a year.

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### **LATEST FINDINGS**

- People who are able to maintain their weight loss for years generally exercise one hour or more a day.
- After significantly over-weight people lose 10% of their weight, the remaining excess pounds are much more difficult to get off and keep off.

Most weight loss occurs in the first six months of dieting. After that, the key is keeping it off.

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### **CHALLENGES**

- The body burns fewer calories when dieting because it thinks it is being starved.
- After weight loss, the body burns fewer calories at rest because the dieter weighs less.

If you lose 30 pounds, it takes 300 fewer calories a day to maintain your weight.

- The number of calories burned during exercise decreases significantly after weight loss.
- To compensate for all of the above changes, you must increase your exercise and decrease your calorie intake after weight loss to maintain your new weight.

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## **GOOD NEWS**

- Losing just 10% of your excess weight can go a long way toward helping you feel better and look better.

Even a little weight loss may mean you will not have to take some of the medications you are now taking.

Hope Health Letter  
April 2000

## **TRICK OR LOW-FAT TREATS FOR HALLOWEEN**

Here are some ideas for low-fat, low-sugar, or alternative treats that are great ideas for Halloween.

- \* Cereal boxes (single serving)
- \* Pretzels or baked chips
- \* Dried fruit
- \* Sugar-free gum
- \* Lifesavers or lollipops
- \* Fortune cookies
- \* Licorice
- \* Jelly beans or gum drops
- \* Low-fat cookies (single servings)
- \* Low-fat granola or cereal bars
- \* Stickers
- \* Crayons
- \* Pocket-size toys
- \* Novelty pencils and erasers

## **MONEY AND THE AMERICAN FAMILY**

In early 2000, Belden Russonello & Stewart (BRS) and Research/Strategy/Management (R/S/M) conducted a nationwide public opinion survey for AARP regarding money and the American family. The research documents the influence of money on American life and provides an in-depth look at what motivates Americans' decisions about money and personal finance.

The national survey conducted by BRS and R/S/M for AARP consists of 2,366 interviews. Of these, 1,501 were carried out among a representative probability sample of the U.S. population age 18 and older using a random digit dial (RDD) sample. Over samples of racial minorities were also interviewed for a total of 400 African Americans, 402 Hispanics, and 401 Asian Americans.

While common themes run through the survey's findings, Americans are not of one mind about money and its impact on their lives. Cluster analysis reveals patterns of opinions among five distinct groups:

1. Left Out -- those who have little and want much (6 percent of the population). The first cluster group called the Left Out possesses the strongest faith in the value of money and its importance in measuring a successful life. At the same time, the Left Out are the most unhappy with their financial status and are highly pessimistic about the future. This group has low levels of income and education and is more middle-aged than the rest of the country. A higher proportion of minorities was found in this segment.  
  
They see money as a vehicle for obtaining freedom, excitement, and less stress in life. As the youngest cluster -- nearly two-thirds are under age 45 - the American Dreamers are trying to save but they hold a lot of credit card debt. The Dreamers also contain a high proportion of minorities.
2. American Dreamers -- those who have some and want more (21 percent of the population). The second group is called the American Dreamers because they are in better financial shape than the first group but are still striving for more. The Dreamers feel generally content with their average financial status but they desire more wealth.
3. High Achievers -- those who have much and want much more (24 percent of the population). The third distinct attitudinal group is characterized by a very high level of satisfaction with its financial condition and a very positive outlook for the future combined with the highest levels of education and income. Not only are the High Achievers well off, they embrace wealth. They want to be wealthy and express a belief that money is important to a successful life.
4. Settled and Satisfied -- those who are comfortable and do not desire more (38 percent of the population). Nearly four in ten Americans (38 percent) belong to the fourth cluster group, called the Settled and Satisfied because they are highly content with their financial situation and they hesitate to want more wealth. Unlike the first three cluster groups, these largely middle-income, married, homeowners place little value on money as a measure of success, and they are uncertain whether they want to be wealthy. They have enough to be comfortable, but wealth is not that important to them.
5. Wealth-averse -- those who have little and are reluctant to want more (11 percent of the population). The fifth and final cluster, the Wealth-averse, rejects the importance of money and decidedly does not want to be wealthy. These Americans are decidedly non-materialistic, believing more than most that wealth makes a person greedy and insensitive. This aversion to

wealth does not mask the need that members of this group have for more money in their lives. With low incomes, low levels of education, and a lot of debt, the Wealth-averse have had to forego medical care, college, or retirement because of a lack of money. The Wealth-averse may need money, but they do not seek it.

Money and wealth are truly important to the first three cluster groups, about half the U.S. population. To the other half of America, money and wealth are not synonymous with success. Yet they will play key roles in the lives of all.

Money Management  
Newsletter  
August/September 2000

### **HABITS THAT IMPROVE YOUR HOME LIFE**

- Remember to say “please” and “thank you” to family members.
- Spend at least one evening a week with the television off.
- Make eating dinner together a priority.
- Spend time talking with your parents about their lives.
- Take a weekly walk through the neighborhood with your family.
- Don’t take your loved ones for granted.
- Get organized with a master family calendar.
- Write thank-you notes to family members.

Vitality - March 2000

### **LAND O’LAKES HOLIDAY BAKELINE**

The Land O’Lakes Holiday Bakeline, has extended its hours from **9 a.m. to 9 p.m. (CST)** to help more people than ever before bake successfully throughout the holiday season. The twenty-seven baking experts at the Land O’Lakes Holiday Bakeline, **1-800-782-9606**, will be available for questions or suggestions from November 1 to December 24, seven days a week. All callers will receive a free recipe leaflet, “Share the Secret of Holiday Baking,” filled with five easy recipes and secrets for making delicious home-baked goods.

### **THINGS TO CONSIDER ABOUT GETTING OLDER**

- You don’t need an alarm clock.
- You believe the mistakes of your youth were character building.
- TV dinners are better than they used to be.
- At last they make bifocals without that line.
- You can board airplanes first.
- You know which new fashions won’t work for you and why. On a sinking boat you’ll be saved first.
- Your clothes are back in style.
- Nobody makes you try new foods.
- It’s getting easier to hit your aerobic target heart rate.

Home Economics Notes

June 2000

### WELLNESS FACTS

- **Most Americans are heavier and shorter than they claim**, according to a recent study from St. Louis University, which compared self-reported data from more than 6,000 people to real measurements from national surveys. Surprisingly, more people overstated their height than understated their weight. Women underestimated their weight more often than men.
- For years doctors have focused primarily on diastolic blood pressure, the second (and lower) of the two numbers used to express blood pressure. But a new review of data from the Framingham Heart Study shows that **elevated systolic blood pressure (the first, or top, number) is as dangerous** as high diastolic pressure among middle-aged and older people. This is important, since about two out of three people over age 60 with high blood pressure have isolated systolic hypertension (that is, their diastolic pressure is normal). This study prompted the government to warn doctors and patients of the dangers of high systolic pressure, though the goal is still to keep both numbers in the normal range.
- **Fewer than one-fourth (23%) of Americans eat the five servings of fruits and vegetables** recommended by the National Cancer Institute to help prevent cancer. That's only a slight improvement since 1990, when the figure stood at 19%, according to a recent report in the *American Journal of Public Health*.

Wellness Letter  
August 2000

Other than the day-to-day requests for plant problem diagnosis and identification, there are some issues on peoples minds. Following are some of the major concerns that we are addressing through programs.

- Loss of wildlife habitat in urbanizing areas.
- Quality of surface and ground water, including saltwater intrusion of irrigation wells.
- The selection and availability of native and other low maintenance plant material.

### 5 WAYS TO TAME THE HALLOWEEN CANDY MONSTER:

1. **Buy Wise**  
Buy your candy at the last minute to avoid temptation. Buy less than what you think you need so you aren't eating leftovers. Purchase hard candy instead of chocolate.
2. **Eat Well**  
Feed yourself and family a good dinner. Try to have dinner ready earlier than usual to compensate for evening activities.
3. **Walk**  
Take a long walk around your neighborhood and enjoy the decorations and your neighbors.
4. **Sort**  
If your children bring home candy, sort through it to weed out anything looking suspicious. Discard or give away what they don't like or so you are not tempted to eat it.
5. **Healthy Treats**  
Give away non-candy treats or healthier food treats such as stickers, pencils, crayons, apples, granola bars, etc.

### GARDENER'S CORNER

The most beautiful (and comfortable) time of year along the Gulf Coast is here! October and early November usually brings some clear, bright days and lower humidity - excellent gardening weather.

Things have not slowed down in the horticulture department. Shawn Brown and I continue to receive approximately 40 telephone

calls/walk-ins per day. We receive a full range of questions and requests for programs.

He would now like to turn this educational project over to a group who will carry on. Master Gardeners are a logical choice because their goal is public education and they are familiar with the kind effort that is required.

Master Gardeners will be meeting over the next several weeks concerning this project. If approved, it will likely be a three county effort, including Santa Rosa, Escambia and Okaloosa.

### **Watch for This New Grass!**

Seashore paspalum is causing a lot of excitement in the turfgrass world. It has many desirable characteristics, including salt tolerance. It is so salt tolerant in fact, that it can be irrigated with seawater! Under proper maintenance practices it also appears to be drought and pest tolerant. Like most turfgrasses however, it doesn't like shade.

Florida Extension offices have a fact sheet on this new grass. Also, there is an excellent web site that provides additional information as well as sources. Check it out at:

<http://www.griffin.peachnet.edu/cssci/turf/paspalum/paspalum.htm>

### **The Butterfly House Another Opportunity!**

Our Master Gardeners have been approached concerning management of the Panhandle Butterfly House. This project was begun, and has been managed up to the present time by Mr. Jack Wetherell. It became a reality only through his knowledge, foresight and tenacious spirit, along with the help of many willing workers.

### **Jay Extension Office Opens**

We will begin moving into the new Extension office in Jay on Wednesday, October 4. Drop by and see the new facility when you have an opportunity.

### **October Tips**

- Obtain wildflower seeds and prepare for planting in November.
- Watch for cool season flowering bedding plants to arrive at local garden centers. Prepare beds for fall planting of pansies, snapdragons, statice, petunias and other winter annual flowers.
- Continue planting most cool season vegetables including mustard, collards, turnips, broccoli, cauliflower, cabbage, lettuce, radish, kohlrabi and onions. Obtain strawberry plants and transplant them to the garden by mid-November.
- Rake fallen pine needles and use them as mulch.
- Plant ryegrass this month, if the permanent lawn is to be over seeded for winter color.
- A spray of horticultural oil emulsion can be applied to ornamental shrubs as soon as temperatures cool down. This is a relatively safe way of reducing numbers of overwintering scales, mites and other pests. Follow label directions carefully.

Dan Mullins  
Horticultural Agent

### **ITALIAN BISTRO**

Now, this winner of a recipe has only five ingredients (and uses just one pot!).

#### **SPEEDY SPAGHETTI ALFREDO WITH BROCCOLI**

1 pound spaghetti  
1 pound broccoli florets (about two heads)  
1 c. canned nonfat evaporated milk  
1 tsp. flour  
1 c. grated Parmesan cheese

Cook spaghetti according to directions on package in large pot, omitting salt. During the last five minutes of cooking, add broccoli. Cook until tender. Drain pasta and broccoli in colander. In the same pot, blend flour with milk. Cook until bubbly. Add cheese. Blend on low to melt cheese. Remove from heat and add pasta and broccoli. Toss.

Serve hot. Makes 11 cups.

#### **TURKEY AND DRIED CRANBERRIES SANDWICH**

2 Tbsp. honey mustard  
2 Tbsp. dried cranberries  
2 slices whole-wheat bread  
2 oz. roasted turkey breast  
Fresh lettuce leaves

Mix honey mustard with dried cranberries. Spread on whole wheat bread. Layer lettuce leaves and turkey breast.

##### **Per sandwich:**

Calories: 402  
Fat: 3 grams  
Saturated fat: 1 gram  
Fiber: 13.5 grams

### **BEAN AND BASIL SPREAD**

1 c. chopped fresh basil  
2 garlic cloves, finely chopped  
19-oz. can chickpeas, drained and rinsed (2 cups)  
19-oz. can cannellini (white kidney beans) drained and rinsed (2 cups)  
2 Tbsp. lemon juice  
2 Tbsp. olive oil  
c tsp. salt  
Dash pepper

Combine all of the ingredients and puree in batches in food processor or blender until smooth. Refrigerate to blend flavors. Makes six cups.

##### **Per half-cup serving:**

Calories: 192  
Fat: 6.5 grams  
Saturated fat: <1 gram  
Cholesterol: 0  
Fiber: 6.5 grams

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.

Sincerely,

Linda K. Bowman, R.D., L.D.  
Extension IV  
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LKB:etc